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## Iowa State Daily (December 02, 2014)

Iowa State Daily

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# MORE THAN MICHAEL BROWN

Students discuss racism in national spotlight; suggest solutions for community

By Makayla.Tendall  
@iowastatedaily.com

Though the grand jury gave its verdict and some riots in Ferguson, Mo., have calmed, ISU students and organizations met to discuss how they feel after the decision not to indict officer Darren Wilson and their goals for change for African-Americans in the community.

A total of 66 students, 13 of which were not African-American, met in Carver Hall Monday to talk about the personal emotions regarding the death of Michael Brown in Ferguson, Mo., and how best to react to the grand jury's decision.

Briana Smith, president of the National PanHellenic Council, led the discussion between student groups such as the chapter of the National Association for the Advancement of Colored People, Black Student Alliance and Womyn of Colour.

The discussion began with a student asking if the unrest in Ferguson is due to a failure in the criminal justice system or racism. Many said they believe there are gaps in the criminal justice system, and that the trial

for Wilson would fail from the beginning.

"You can't get justice for a system that wasn't built for you," said Daria Hicks, freshman in electrical engineering who attended Ferguson-Florissant High. "The jury was made up of three African-Americans and nine white people, but this is an equal representation of the community?"

Other attendees said they also saw gaps in the criminal justice system, though it is almost impossible to create a law that will shut down racism in the criminal justice system. They said the execution of the laws in the criminal justice system is the problem because the law can be interpreted in many different ways, while others said the issue of police profiling African-Americans is the heart of the problem.

"If you take guns away from the police officers, how are they going to protect us when they really need to protect us?" one student said.

"They aren't protecting us," another answered. "They killed Mike Brown."

Hicks said there were many "red flags" in the investigation that should have been brought to light. The grand jury taking 100 days just for a verdict, was unnecessary, she said. Another flag was when the Ferguson Police Depart-

ment made an announcement saying Wilson stopped Brown and his friend without knowing he was a robbery suspect.

"They said someone else near the store, or in the store called it in. Explain to me that the [cigarillos] that he stole, were they found on him? At least they found the Arizona Tea and Skittles pack on Trayvon Martin," Hicks said. "No [Wilson] pulled him over because he and his friends were walking down the street. And he [Brown] cussed you [Wilson] out, and you got mad."

Many also said they disliked the way Ferguson was painted as an out of control, impoverished community subject to criminal acts by President Obama's speech after the verdict. Jared Ingram and Kendra White, both members of the ISU track team from Ferguson, said their hometown is in no way impoverished and that the looters and rioters were predominantly visitors who came to take advantage of the situation.

Despite the lack of agreement on the issues with law enforcement, students agreed that the heart of the issue is racism. Some students said there is still unrest in Ferguson because the case of Michael Brown has become a symbolic one.

Kierra White, freshman in animal science from Ferguson, said there has been a history of

tension between police and the African-American community across the nation.

"St. Louis may be that city to represent the whole nation," Hicks said. "We're tired of everything. Let it be known that we realize what [law enforcement] is doing. You just so happened to go to the wrong city, and now we're going to show you. We're showing you that we realize what you're doing, and we're fighting back."

The two agreed that there is a lack of representation of African-American police officers across the nation and especially in Ferguson. They also said there is a lack of communication between law enforcement and members of the African-American community.

They said there is a distrust on both sides. Hicks said because of the area she grew up in — an impoverished area near Ferguson — that she had personal experiences where she felt racially profiled by police. Kendra and Kierra said they also experienced profiling they considered racist on different occasions.

This racism, they said, stems out of the law enforcement's fear.

"You don't see a lot of black communities being a

FERGUSON p8

# Multicultural student body celebrates winter holidays

By Wendy.Cardwell  
@iowastatedaily.com

As November comes to an end, December appears with chilly weather, holiday decorations and students starting to celebrate holidays of multiple cultures.

ISU students, who come from numerous different cultures, backgrounds and races, celebrate an assortment of winter holidays. Some of these holidays include Chinese New Year, Hanukkah, Kwanzaa and Christmas.

Cultures take pride in celebrating holidays and incorporating traditions to play a role in their festivities.

Chinese New Year falls on different dates between Jan. 21 and Feb. 20 every year. This year, the holiday falls on Feb. 19, 2015. The New Year's Eve dinner is a feast of fish, noodles and dumplings.

Chinese New Year is usually called Chunjie in Chinese, which translates as spring festival in English.

"In tradition, Chinese New Year is a good chance to bring fortune for people in the coming years of their lives, such as farming, career, business and so on," said Fugang Sheng, graduate student in civil engineering.

Preparation for Chinese New Year includes cleaning the house, making traditional food, fireworks and staying up until midnight.

Cleaning the house is called "sweeping out the dust" and represents pushing away old troubles, according to China Highlights.

The tradition of staying up late is called shousui, pronounced "show-sway" and means "to keep watch over the year."

"We also go to the memorial ancestry," Sheng said. "It is a traditional day to send out love to



Whitney Lynn/Iowa State Daily

Iowa State has students from many different cultures who celebrate a variety of holidays during this season. These include Chinese New Year, which takes place in China, Hanukkah, celebrated by Jewish individuals, and Kwanzaa, a celebration of African culture.

our ancestry. We go to the tomb in our hometown, kneel down to them and put your head on the ground three times."

The day of the Chinese New Year, people celebrate by shooting firecrackers and fireworks and watching lion and dragon dances.

Jewish individuals celebrate Hanukkah, a holiday honoring the Maccabees' victory over King Antiochus, who forbade Jews to practice their religion.

For eight nights, Hanukkah is celebrated with prayer, the lighting of the menorah and food. A menorah has nine candles, one candle for each of the eight nights, plus a helper candle.

Children play games, sing songs and exchange gifts. Potato pancakes, known as latkes in Yiddish and traditionally associated

with Hanukkah, are served with applesauce and sour cream.

This year, Hanukkah starts on the evening of Dec. 16 and the last night is Dec. 24.

Kwanzaa is celebrated Dec. 26. It is a seven-day celebration of African culture meant to reconnect African-Americans with their heritage.

"Each day, from Dec. 26 until Jan. 1, a different principle is focused upon," said Paige Dejohnett, junior in elementary education.

Kwanzaa lasts a week in which participants gather with family and friends to exchange gifts and light a series of black, red and green candles.

These candles symbolize the seven basic values of African-American family life: unity, self-determination, collective work

and responsibility, cooperative economics, purpose, and creativity and faith.

"My favorite part of the holiday is how much time my family spent together over the course of the seven days. On the last day, we would all cook a meal together," Dejohnett said.

A candle is lit each day, Dejohnett said, with a black candle being lit first, then alternating between the green and red candles.

"My family would always do activities based on the daily principles," Dejohnett said. "For example, on the third day, known as Ujima, which means collective work and responsibility, we would all volunteer somewhere as a family."

Another winter holiday is

HOLIDAYS p8

# Group requests gifts for families in need

By Sarah.Muller  
@iowastatedaily.com

As the holiday season approaches, many will be looking forward to toys or treats under their trees or in their stockings. However, some families aren't sure if they'll receive any gifts at all.

Ames Youth & Shelter Services has been setting up donors to provide gifts to the approximately 220 families in their system.

"Some of these people need a little help during the holidays to provide gifts for their families," said Julie Fontanini, community resources coordinator. "For some of them it's the only gift that their family will be receiving."

The family in need creates a list of what they want or need. Some people may request gifts ranging from cleaning supplies to clothes to sports gear.

"I think [the need] has grown," said Roberta Milinsky, associate CEO. "As our programs grow, the number of people we are hoping to help grows."

Donors then decide who they would like to support, whether it is a family, a single person or multiple families. Donors receive the age, gender and wish list of the individuals receiving gifts.


Milinsky said different groups, businesses and families from the community step forth to participate. Some donors make it a tradition to help every year.

"It's just been amazing to see all this generosity from these

GIFTS p8




Weather




**TUESDAY**  
Warmer and sunny.

**30**  
**18**



**WEDNESDAY**  
Mostly sunny but cloudy in the evening.

**28**  
**17**



**THURSDAY**  
Mostly sunny, turning cloudy in the afternoon.

**35**  
**25**

Weather provided by ISU Meterology Club.

Police Blotter

The information in the log comes from the ISU and City of Ames police departments' records.

Nov. 28

Officers checked the welfare of a resident. The individual was transported to Mary Greeley Medical Center for treatment at University Village (reported at 9:33 p.m.).

Nov. 29

An officer investigated a prop-

All those accused of violating the law are innocent until proven guilty in a court of law.

erty damage collision at Iowa State Center (reported at 3:04 p.m.).

Nov. 30

A 16 year old driver was referred to DOT officials for a .02 civil violation at Lincoln Way and State Avenue (reported at 1:35 a.m.).

Calendar

All events courtesy of the ISU events calendar.

Dec. 2

**Information open house 3 to 5 p.m.**  
The Center for Biorenewables Chemicals (CBiRC) and the School of Education are seeking applications from qualified engineering graduate students for ten \$25,000 stipends. Each fellow works collaboratively with an elementary school teacher and spends one full day each week performing the duties of a "resident scientist/engineer" in a classroom. This program is funded by NSF. Applications are due Dec. 7.

**Men's Basketball Starts at 7 p.m.**  
Iowa State hosts Lamar at Hilton Coliseum.

percussion, hosts the percussion ensemble at Martha-Ellen Tye Recital Hall in the Music Building.

Dec. 4

**Cyclone Club Luncheon 12 to 1 p.m. in Reiman Ballroom, Alumni Center**  
Cyclone Club luncheons are open to the public. The program, led by John Walters, features a different coach each month. Doors open at 11:30 a.m. Cost of admission includes a catered lunch and door prizes.

**Wreath Making Workshop 6 to 9 p.m. at Reiman Gardens**  
Learn how to assemble a holiday wreath with Reiman Gardens' staff. They will guide you through the steps to use evergreens, specialty greens, and other materials to create your own seasonal decoration for your home.

**Men's Basketball Starts 8 p.m. at Hilton Coliseum**  
Iowa State hosts No. 18 Arkansas in the Big 12/SEC Showdown.

**Winterfest: Comedian Cameron Esposito Starts at 9 p.m.**  
Cameron Esposito is a fast-rising Los Angeles-based stand-up comic, actor and writer, called "the future of comedy" by Jay Leno.

Dec. 3

**Art Walk: A Celebration of the Seasons 12 to 1 p.m.**  
Join University Museums Interpretation Specialist, David Faux in observing the close of another successful fall semester and changing of the seasons. We will look both forward and behind by focusing on Ellen Wagener's pastel drawings depicting the four distinct seasons that are hallmarks of living in Iowa. Discover the role Wagener and her works will play in the celebration of University Museums 40th anniversary.

**ISU Percussion Ensemble Starts at 7:30 p.m.**  
Matthew Coley, director of

Rent Smart Ames helps students find housing

By Danielle.Ferguson @iowastatedaily.com

The Government of the Student Body and the city of Ames are hoping to raise student awareness about tenant rights with Rent Smart Ames.

GSB and representatives from the city of Ames will be in the Memorial Union on Tuesday to speak to students about Rent Smart Ames, an online tool to help people understand renting in Ames where students can view renting options.

The program is focused on three areas: rental housing, tenant education and landlord education.

Zach Bauer, senior in political science and intern with the city of Ames, worked with landlords in Ames to create the content on the site.

Students can stop in the Memorial Union throughout the day to ask specific questions about the initiative.



Sam Greene/Iowa State Daily

Nolan wins Big 12 Libero of the Year, two additional Cyclones honored

By Harrison.March @iowastatedaily.com

For the seventh year in a row, the Big 12 Libero of the Year honor belongs to the ISU volleyball team, the conference announced Monday.

Caitlin Nolan became the third ISU libero to claim the award in the seven-year span, following three-time winners Ashley Mass and Kristen Hahn.

Nolan, a unanimous selection for the honor, led the Big 12 in digs per set and ranked fifth in the NCAA in that category with a clip of 5.74 per frame. She also tallied a school record-tying four matches this season with at least 30 digs, highlighted by her Big 12 record-tying 43 digs against Kansas on Oct. 22.

Nolan was also named to the All-Big 12 First Team, marking just the sixth time a libero has claimed the honor in conference history.

ISU outside hitter Victoria Hurtt was also named to the All-Big 12 First Team after a comeback season that saw her rank second on the team with 2.65 kills per set and average a career-high 0.58 blocks per set.

Hurtt has also been an efficient player on offense, tallying her 257 kills while making just 82 errors on 823 attacks to hit .213 on the year.

Freshman middle blocker Alexis Conaway became the first ISU freshman to receive All-Big 12 honors by being named to the Honorable Mention list. She also extended Iowa State's run of All-Big 12 Freshman Team members to three years, following in the footsteps of teammates Mackenzie Bigbee and Ciara Capezio.

Conaway's .334 hitting is the second-best in team history and is well on pace to break the ISU freshman record. Conaway has also developed into a block-generating machine, churning out 1.09 per set to rank eighth in the league. She set a freshman record in block assists, totaling 101 so far this year.

Student magazines to be distributed

By Mariah.Wellman @iowastatedaily.com

As the semester draws to a close, student publications are being distributed across campus.

Hoops, Ethos, Uhuru, Trend, Revival and Sir magazines are all being released and distributed this week and next week. These entirely student-run publications publish content ranging from fashion and trends to politics and religion.

The Iowa State Daily is publishing its Hoops Magazine on Wednesday. This magazine will feature unique stories about the ISU men and women's basketball programs.

Ethos Magazine is set to be distributed across campus Monday. Ethos Magazine focuses on the culture of Iowa State and the Ames area.

Sir Magazine is hosting its release party Wednesday from 6 p.m. to 8 p.m. at The Foundry Leasing Office at 120 Hayward Ave. Sir Magazine is a men's interest and lifestyle publication.

Revival Magazine is hosting its release party Thursday from 6 to 8 p.m. at the Biorenewables Complex. Revival focuses on art, music, fashion and culture.

Trend Magazine is hosting its release party Thursday from 7 to 9 p.m. at Reiman Gardens Conservatory Complex in the Garden Room. Trend Magazine focuses on fashion, beauty and lifestyle trends.

Uhuru Magazine is tentatively being released Dec. 10. Uhuru focuses culture, politics and art from a multicultural perspective.

Students can pick up the student publications on newsstands in one of many buildings on campus like in the library, dining centers and residence halls.

Online Content

MORE INFO

Winter holidays

Many ISU students are looking forward to Winter Break and Christmas, but ever wonder what other religious or cultural holidays are celebrated this time of year? Check out the news section of the Daily's app to learn more about them.

BY THE NUMBERS

ISU set to appear in NCAA tournament

The ISU volleyball team is preparing for this year's NCAA Tournament appearance. To find a by-the-numbers list of the Cyclones' tournament history, take a look at the sports section of the Daily's app.

BASKETBALL

Cyclones try to bounce back

As the ISU men's basketball team tries to bounce back from its loss to Maryland, one player seems to already have it figured out. Monte Morris is posting even better numbers than last season. Go to the sports section of the Daily's app to read more.

MORE INFO

Documentary kicks off AIDS Awareness Week

To start off AIDS Awareness Week, the Committee on Lectures showed a documentary on HIV and AIDS stigmas in the rural American South on Monday. To read more about the event, go online to the self section of the Daily's website.

MORE INFO

Contacting your neighborhood association

Students face unique challenges while living off campus, including interacting with others in the neighborhoods. If problems arise, check out the news section of the Daily's app to find out which neighborhood association to contact for help.

Corrections

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction. To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.



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# IOWA STATE DAILY

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Jonathan Lacznia/Iowa State Daily  
The residential neighborhood of Campustown, situated just south of campus, draws in a number of students as well as nonstudents. Residents in other neighborhoods around Ames have increasing concerns about congested traffic and student living patterns in family neighborhoods.

# Higher enrollment puts pressure on living situations

By Molly Willson  
@iowastatedaily.com

The city of Ames has seen problems arise in recent years because of an increasing influx of students. Those problems extend past campus and impact the neighborhoods of Ames.

Neighborhoods in Ames range in definition. Some areas have neighborhood associations that are registered with the city of Ames, while other areas do not.

“Neighborhoods in Ames are essentially self-defined. It’s up to the people who live there to identify their neighborhood and what the boundaries are, so we have quite a range,” said Jeff Benson, planner and neighborhood liaison for the Department of Planning and Housing in Ames.

Some Ames residents are living in high-density areas, while others are living in low-density areas with fewer people. This differential helps define the neighborhoods located in Ames.

“Neighborhoods might be defined by zoning in some cases because you find a high-density zone near a low-density zone,” said Gloria Betcher, Ames councilwoman. “The people in the low-density zone congregate together and the people in the high-

density zone congregate together, but we also have mixed neighborhoods.”

Belcher said one factor in defining Ames neighborhoods that can be agreed upon is the want for a higher quality of life.

“They want to be safe,” Betcher said. “They want to enjoy the outdoor spaces of their neighborhood as well as their own homes.”

Neighborhoods have seen changes because of the addition of 7,000 students in the past three years. The addition of large apartment buildings among the single-family homes has changed the landscape of some neighborhoods.

An example is 601 State Ave., which was recently rezoned to low-density residential by the City Council.

The Breckenridge Group LLC currently owns the parcel of land and had originally requested that the area be zoned Floating Suburban Residential Medium in order to build more units on the 29-acre parcel of land.

The new zoning is a specific change to the city’s land use policy plan. The change in the plan satisfies the concerns of neighborhood residents who have voiced those concerns in past meetings.

By zoning the south parcel of land as low-density residential, the developer is unable to build as

many bedrooms on the land as they previously planned.

Residents spoke at multiple city council meetings about problems that a large number of residents, mostly students, moving to the area may cause. These concerns included congested traffic, problems in the environment of the green space around the area, and an increased amount of students with a largely different pattern of living than the single families in the area.

“There are studies that have been done that show very clearly that student living patterns are very different from the living patterns of families,” Betcher said. “The hours that are kept are different, the amount of emphasis on social activity can be different, the number of trips in a car can be different.”

One solution to the problem could include relocating where developers want to build. By changing locations from single-family neighborhoods to parts of town where large student housing buildings are already in place, many problems could be bypassed in terms of rezoning.

Benson explained by moving developments to West Ames, specifically the area west of the Ames Middle School on Mortensen Road, a more smooth transition could

be seen because of the high population of students in the immediate area.

The differences in living patterns have Betcher wondering what can be done to solve the problems that arise when students live near single families.

The One-Eighty Community Initiative is a plan drafted by Betcher to search for a solution to the problem. The plan would attempt to reach three goals:

- 1) Identify the immediate needs of the community.
- 2) Outline steps to address those needs and bring about a 180-degree turnaround in our trend toward divisive relations.
- 3) Work to maintain the healthy relationships developed and capitalize on those relationships to benefit not only the residents — student and permanent alike — but also the city of Ames and Iowa State organizations.

The plan can be put into action by the university and the city, as opposed to a city commission.

“The One Community Board... would be designed to address ongoing, long-term concerns related to integrating students and permanent residents into a unified community, a much slower, continuing process that requires the support of both the city and the university,” Betcher said.

## Scholarship for students affected by cancer gives help, hope

By Emelie Knobloch  
@iowastatedaily.com

Through hardship and sickness, Heather Von St. James has found a way to provide hope for others who have had difficult times.

Twin Cities resident Von St. James has become an advocate for a new \$4,000 scholarship that is now available for students whose life has been impacted by cancer.

The Mesothelioma Cancer Alliance will be awarding a scholarship to one student each semester.

Students who have battled cancer or have a parent, sibling, immediate family member or close friend who has battled or is battling cancer are eligible to apply for the scholarship.

“Three- and -a-half months after my first and only child was born, I was diagnosed with malignant pleural mesothelioma,” Von St. James said.

Malignant pleural mesothelioma, the most common of the four types of mesothelioma, causes a thin layer of tissue to develop around the lungs. It is caused mainly by the inhalation of microscopic asbestos fibers, according to the Pleural Mesothelioma Center.

Von St. James’ doctors estimated she had 15 months to live.

“I was referred to a specialist in Boston at Brigham and Women’s Hospital,” Von St. James said. “It was there that I found hope.”

In February 2006, Von St. James had her left lung and all surrounding tissue, the left side of her diaphragm, the lining of her heart and her sixth rib removed.

“My diaphragm and the lining of my heart were replaced with surgical Gore-Tex,” she said. “Three months after surgery, I underwent four sessions of chemotherapy and 30 sessions of radiation.”

Von St. James has been cancer-free ever since.

Her husband Cameron inspired her to start the scholarship through his dedication in finishing his degree.

“He saw everything I went through in my fight

against cancer and knew that he could tough out finishing his degree and working full-time,” she said.

Cameron returned to school two years after Heather finished treatment.

“He would get up at 6 a.m. every morning for his full-time job, would go to class until 10 p.m. after that, then stay up until 1 a.m. doing homework every night,” Heather said.

Cameron graduated with honors at the top of his class and was asked to give the commencement speech at the graduation ceremony.

“A cancer diagnosis is devastating, emotionally and financially,” Heather said. “We are hoping this will ease someone’s burden.”

Heather said her goal for the scholarship is for it to grow year after year. She hopes whoever gets it is inspired to go into medicine or research and in turn be able to give back.

“The medical bills that cancer patients face are tremendous,” said Kelsey McCarty, co-president of Iowa State’s chapter of Colleges Against Cancer. “To be provided help for college tuition by someone else will greatly help that student and their family.”

McCarty said students could get involved in the fight against cancer on campus through Colleges Against Cancer.

“We are an organization comprised of passionate and driven people who all want to be apart of the generation that ends cancer,” McCarty said.

McCarty said Colleges Against Cancer’s main mission is to raise money and awareness for the American Cancer Society.

“Our main event is the spring the Iowa State-Story County Relay For Life,” McCarty said.

Relay For Life will be March 6 and 7 at Lied Recreation Center.

All essays and videos for the spring 2015 scholarship were due Dec. 1 and March 31, 2015, for the fall 2015 semester.

Students can find more information about the scholarship and the Mesothelioma Cancer Alliance at their website.

### ISU Geology Club

#### Holiday Jewelry Sale

When: Dec 4<sup>th</sup> & 5<sup>th</sup>  
Time: 9:30am - 5:10pm  
Where: Science I, Room 157



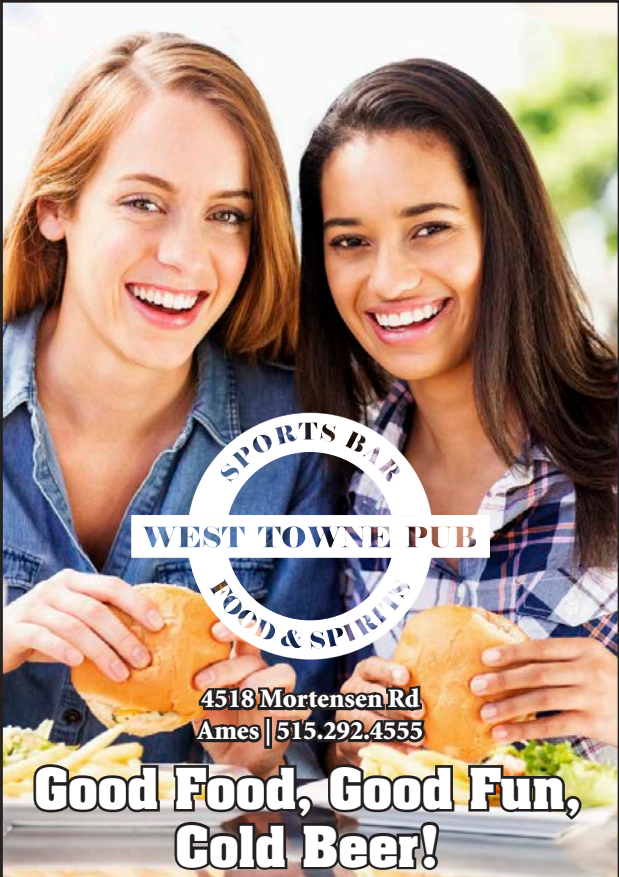
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IOWA STATE  
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GOVERNMENT OF  
THE STUDENT BODY





By Sean.McGarvey  
@iowastatedaily.com

Iowa State Daily

**Many students find themselves procrastinating studying for finals. Take advantage of applications and finals without start dates, and stay away from cramming.**

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

ISU students have a unique and local opportunity to stand up for climate justice. We can help stop the Bakken Oil pipeline proposed by Energy Transfer Partners, a Texas-based oil company. The pipeline would cross Story County, along with 17 other Iowa counties, and be operational by end of 2016. We know already that Energy Transfer Partner's proposed project is not in the best inter-





Kelby Wingert/Iowa State Daily  
The Cyclones couldn't rally against the Terrapins and fell 72-63. Iowa State plans for recovery against Lamar on Tuesday.

# A DEEP CUT

## First loss fuels Cyclones to move forward

By Max.Dible  
@iowastatedaily.com

Iowa State played two full months of basketball last season before suffering its first loss, but the agony of defeat arrived far more quickly this time around. It was Maryland that pounced on Iowa State in Kansas City, Mo., on Nov. 25, handing the Cyclones their first setback only four games into the season. Junior Georges Niang explained why the first cut is always the deepest, no matter when it is made or by whom. "The [first loss] definitely stings the most, that is for sure," Niang said. "Especially when it is a situation like this where you do not even have a Friday game where you can make it up. We just had to sit out here and beat each other up for a whole week."

The time the Cyclones spent stewing in their disappointment also provided opportunities for reflection, which bodes well for the ISU men's basketball team (3-1, 0-0 Big 12) as it heads back to the court against Lamar (2-4, 0-0 Southland). "We were too complacent and comfortable, and I think guys really forgot how much hard work it was to be how good we were last year," Niang said. "There [are] all these expectations this year. It is going to be even harder." Niang and his teammates were taught that valuable lesson by a Maryland team that held the Cyclones to 29.7 percent from the field, their second-worst shooting performance since ISU coach Fred Hoiberg's tenure. Iowa State also failed to reach double-digit assist numbers, recording only eight, far below the norm for a team that led the country in that category last season at more than 18 per outing. Hoiberg said that the focus against Lamar, a team Iowa State has never faced,

will be a return to a style that has made the Cyclones successful during recent years. "We just talked a lot about getting back to who we are as a group, and I really thought we got away from that," Hoiberg said. "You have to have that trust. All five guys have to be involved in that, and once you do that you have a chance to win." The lack of trust was most evident in the offensive approach for the Cyclones, which was more ego-centric on the part of each player than the typical style that has characterized Iowa State's offensive identity under Hoiberg. Starting the second half against Maryland with five scoreless minutes only exacerbated the situation. "I was forcing a couple shots because I just wanted to be able to be that guy to break that seal, to take that lid off the basket, and we turned into a lot of one-on-one by doing that," said junior Naz Long. "Again that is not who we are. We are going to spread the love and get back to Cyclone

basketball." Niang said Iowa State's problems were born more of panic than of selfishness as a discombobulated Cyclone lineup continues to try and incorporate transfer players and returnees from last year's team into a cohesive unit. "I am just starting to learn how to play with these guys, so I think it is definitely getting to know each other," Niang said. Lamar will provide an opportunity the ISU players have been itching for: to get back to a familiar setting and put the Maryland game behind them for good. "It was just one of those nights," Long said. "I would highly doubt that happening again to us." If history is any indication then Iowa State is a good bet to bounce back. The Cyclones have won 22 consecutive match-ups against non-conference foes inside Hilton and are 7-0 against teams out of the Southland Conference, from which Lamar hails. Iowa State will take its shot at Lamar on Dec. 2. Tipoff is set for 7:00 p.m.



Sam Greene/Iowa State Daily  
Libero Caitlin Nolan controls a pass during a match against TCU. Iowa State will compete in its ninth-consecutive NCAA tournament Friday.

## Volleyball preps for NCAA tournament

By Harrison.March  
@iowastatedaily.com

Madness is upon the ISU volleyball team. Not the bad kind but rather the NCAA tournament version. The Cyclones learned their fate Sunday, as they were slotted by the selection committee to journey across the Mississippi River to the Land of Lincoln for a first-round match against the Western Kentucky Hilltoppers in Champaign, Ill. "We're just excited to be in the tournament," said senior outside hitter Victoria Hurtt. "It's always fun this time of year to get to play the best teams and get to hopefully be in Oklahoma City [for the semifinal and championship matches] in a couple weeks." The thrill of being chosen for the tournament was not maximized, however, as the Cyclones did not earn the right to host the first two rounds at Hilton Coliseum. Unlike the men's and women's NCAA basketball tournament, in which every team is seeded, the volleyball edition features seeding for just the top-16 teams, and the rest of the field is in an unranked pool. However, failing to capture a seed does not eliminate the Cyclones from a chance at returning to Hilton this year. Before the season began, Iowa State was preselected as a host school for the regional semifinal and regional final rounds, which are equivalent to Sweet 16 and Elite 8 matches. The ISU volleyball team was placed in the

Ames region of the bracket, so winning the first-round match and defeating the winner of No. 9 seed Illinois vs. Murray State would bring the Cyclones home for at least one more contest. "I mean, yeah, it was a bummer that we're not getting to host," said libero Caitlin Nolan. "But it gets you kind of excited and ready to go and kind of a little bit more hungry to get back here and play hopefully." ISU players admitted the team probably had a 50-50 shot at hosting the opening round, given the team's No. 15 Rating Percentage Index ranking the morning of the selection. Though the RPI poll can be a good indicator of where teams stand overall, ISU coach Christy Johnson-Lynch said the system also has its defects. "I don't think [the selection committee] should go strictly on RPI, because I think it's flawed, and you don't want to see that," Johnson-Lynch said. "Some years you're on the good side of that, some years not. If they went strictly by RPI, I just don't know that that would be fair to all teams." While not hosting makes it difficult for any team, it may be especially tough for the Cyclones, who are 2-0 on neutral courts this year but just 5-6 in road matches. To Johnson-Lynch, that's just the nature of the beast. "No matter what road you get, it's tough," Johnson-Lynch said. "We would rather be at home, but you got to win, you got to beat the good teams on the road to really advance."



Kelby Wingert/Iowa State Daily  
Caroline Hauge Andersen, who is originally from Norway, is looking forward to and preparing for her last season at Iowa State.

## Seniors reflect on recruitment

By Brian.Mozey  
@iowastatedaily.com

Dreams and goals are achieved with practice, determination and a little bit of luck. For seniors Caroline Andersen and Ksenia Pronina, their small opportunities playing Division I tennis turned into reality. Andersen is originally from Bergen, Norway and she knew that she wanted to play in the United States ever since she was a freshman in high school. In order to make that dream turn into a reality, Andersen needed to put in a lot of work during the recruiting process. "I sent out emails to different schools in the United States and telling them a brief description about me," Andersen said. "I also sent videos of me playing to many different schools throughout the country." Andersen received interest from many different colleges, but one particular school stood out from the

rest of the pack — North Florida University. Former ISU assistant tennis coach Rod Puebla was the head coach at North Florida at the time, but Andersen wasn't eligible because of grade implications and a transition for Puebla. Speculation began arising about Puebla transferring to Iowa State to become the assistant coach. Because of these rumors, Andersen focused on passing her tests and contacting ISU coach Armando Espinosa, who was interested in signing her. "It was a funny situation, I used to coach [Andersen's] ex-boyfriend and was being interviewed for a job in Norway," Espinosa said. "Her ex-boyfriend told me about Andersen and the communication started between us." With everything coming together, Andersen accepted and signed her national letter of intent to play tennis at Iowa State early in 2011. Pronina, on the other hand, is originally from

Duesseldorf, Germany and, she was planning to play with one of her friends at Memphis. The coach at Memphis told Pronina that she would have to transfer because there were no scholarships available for her that year. "Rod Puebla was in Germany for a showcase tournament during the month of August and didn't see anyone he liked," Pronina said. "A recruiter told Puebla about me, and after talking to me that day, he offered me a scholarship on the spot." Pronina accelerated through the recruiting process, signing quickly so she could start school on time at Iowa State. After playing No. 2 for singles throughout her entire freshman season, Pronina liked Iowa State and decided to stay for the next three years. "Iowa State gave me the opportunity to play college tennis and trusted me with my decisions, so I felt transferring to Memphis would have been a horrible move as an individual," Pronina said.

While Pronina played during her freshman year, Andersen was injured throughout her first year and part of her second year at Iowa State. Andersen had a bone spur in her foot, which led to surgery at the beginning of her sophomore year. "It was disappointing to start my college career off with an injury, but I was hoping I could finish physical therapy and get on the courts for sophomore spring season," Andersen said. Even though Andersen and Pronina faced different obstacles throughout their recruiting process, they've grown substantially heading into their final spring regular season. Andersen and Pronina are sad to leave the place they've called home for the past four years, but are excited to start the final regular season of their collegiate careers. "January can't come soon enough," Andersen said.



# Easy ways to whiten your teeth at home

By Emma.Kuntz  
@iowastatedaily.com

When returning home for the holidays, many families enjoy taking photos to commemorate the events. When reviewing the photos, however, you might have mixed feelings about a hair that is out-of-place, a wrinkled shirt or not-so-white teeth. To make this year's holiday photo the best, ensure your pearly whites are up to par by trying these simple, at-home remedies.

**Remedy 1:** Baking soda and lemon juice. Mix several teaspoons of baking soda and enough fresh lemon juice to form a paste. Grab a toothbrush or cotton ball and brush mixture on to teeth for about one minute.

According to Dr. Mehmet Oz from "The Dr. Oz Show," lemons are acidic and the acid is what acts as the whitening agent, but don't leave the paste on too long because too much of the acid can also erode tooth enamel.

**Remedy 2:** Strawberry,

salt and baking soda scrub. Mash up about three or four large strawberries into a pulp. Add a dash of kosher salt, or sea salt, and ½ teaspoon of baking soda into a paste to brush teeth with for five minutes before rinsing.

Dr. Oz said on his daytime talk show that strawberries have astringent and Vitamin C in them, which are very effective as a bleaching agent — use them as such.

**Remedy 3:** Coconut oil rinse. Simply swish around about one tablespoon of coconut oil in mouth for about 10 to 15 minutes before brushing teeth. For best results, do this once a day. After a few days, a whiter smile and healthier gums will be noticeable.

"A tooth is made up of four tissues," said Claire Goodall, blogger of Everyday Roots. "Enamel, which is the strong white covering that protects the tooth. Dentin, which supports the enamel and is a hard yellow material that carries nerves. Pulp, which is at the center of the tooth and contains blood and lymph vessels

and cementum, which covers the root of the tooth."

Goodall said that enamel and dentin are the two factors that play the biggest role in the color of teeth. Food and drink have a huge impact on these areas and will break down tooth enamel overtime.

"As the enamel breaks down, it reveals the yellow dentin underneath," Goodall said.

It is important not only to whiten your teeth, but protect your existing enamel as well.

Foods like apples, oranges, strawberries and lemons are good for teeth in moderation because of their acidic nature. And things like coffee, pop and wine are not as good because of the high sugar content that will break down enamel and build plaque.

Whitening teeth doesn't have to be an expensive procedure that will leave you broke, and with teeth sensitivity. Trying these at-home remedies can be a fun and inexpensive way to achieve the desired results.



Kelby Wingert/Iowa State Daily

If you celebrate Thanksgiving or another food-centric holiday, you know that your teeth take a beating, and sometimes just brushing doesn't quite do the trick. Mixing together strawberries, salt and baking soda and then brushing the paste on your teeth can help to quickly whiten them.



Kelby Wingert/Iowa State Daily

Another easy way to whiten your teeth is to mix several teaspoons of baking soda and enough fresh lemon juice to form a paste and then brushing it onto your teeth. Leave the paste on your teeth for about a minute then rinse it off. To avoid unnecessary discomfort, don't leave it on too long.

# Functional fashion stops cold in its tracks

By Emma.Kuntz  
@iowastatedaily.com

Winter is quickly approaching which means cold weather, heavy snow and slippery ice. During the colder months, it's a must to bundle up and stay warm. Hats, gloves and scarves are essential for walking around campus on a cold day.

Spice up your cold-weather accessories with these trends this winter.

For ladies, rhinestones and bling are a major trend for the holidays. Whether it is a rhinestone hat or a scarf covered in sequins, sparkle pieces can add the perfect touch to any holiday ensemble.

Another popular trend for women is oversized scarves. There is nothing better than bundling up with a blanket, and oversized scarves give the same feeling. Knitted, printed or woven, these scarves are a



Kelby Wingert/Iowa State Daily

Scarves are a great way to keep the cold air out of your coat while also adding a nice touch to an outfit. The solid colors or patterns that scarves often come in can help brighten up a winter outfit.

major statement piece to have in the closet.

Ponchos, wraps and capes are also making a

come back this season. These items can be found for a wide variety of prices at places like Forever 21, Tar-



Kelby Wingert/Iowa State Daily

When it comes to keeping warm in the winter, ponchos and capes are making a comeback. Also consider something with rhinestones to combat the temperatures while at the same time looking fashionable.

get and Zara. There are endless options where you can find a great cape or poncho. A cape or a poncho is a great

piece to throw on over a layered look.

Head wraps are also a major winter accessory for

women. Head wraps come in a wide variety of styles, colors and patterns and are ideal for throwing on for the walk to class.

For guys, beanies are a great winter accessory to keep ears warm. Whether it's a solid color or patterned, these are great for not only the cold but for added interest to one's outfit.

Scarves for men are also a major trend this season. Guys, don't be afraid to rock a great scarf. Not only will it keep you warm, but it will complete the winter ensemble.

A winter accessory must-have for both men and women would be touch-screen gloves. As students we are constantly walking across campus. Once it gets cold, gloves are a necessity. With touch-screen gloves, students can still use their smartphone, while their hands stay warm and cozy.

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# Horoscopes *by Linda Black*

## Today's Birthday (12/2/14)

Spread your wings this year. Jot down your wildest ambitions before 12/23, when a new personal power phase launches (through 12/19/17). Clarify plans over summer. Entertaining travels and adventures arise through August, when your career grows. Domestic changes after 3/20 hold your focus. Love flourishes naturally.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

**Aries - 9**  
(March 21-April 19)  
Separate business from personal.

Work smart, not hard. Make the commitment you've been considering. Stick to the standards you've set. Reinforce your ideology with facts. Keep digging.

**Libra - 8**  
(Sept. 23-Oct. 22)  
Get into action! A collaboration's red

hot. Consider the future result desired, and then look back to get the logical previous step, to the present. You're gaining notoriety, respect and income.

**Taurus - 8**  
(April 20-May 20)  
Study for more options. Think it over

before making big decisions. Bring in an expert with practical experience. Complete an emotionally charged project. Work at home if possible.

**Scorpio - 9**  
(Oct. 23-Nov. 21)  
Put your back into your work and a fat

haul is possible. Do what you promised, and stick to the plan. Use a friend's influence to advance even farther. Provide excellent, respectful service.

**Gemini - 7**  
(May 21-June 20)  
Handle your end of the business,

especially details. Magnify the impact by collaborating with partners and friends. Your discipline is admirable. Clean up and organize. Follow your heart.

**Sagittarius - 7**  
(Nov. 22-Dec. 21)  
Your desires and effort seem aligned. Find

ways to economize. Don't let go of what you've achieved. Let your partner take the lead. Handle business along the way. This could get fun.

**Cancer - 7**  
(June 21-July 22)  
Today's work leads to career advancement.

Fix something before it breaks. Fit short-term tasks to your long-range plans. Stay close with your team. Make sure everyone has what they need.

**Capricorn - 8**  
(Dec. 22-Jan. 19)  
The next two days are good for

making changes at home. Make household decisions and clean up a mess. Neatness counts. Increase peace with compassion. Take care of business. Get in the action.

**Leo - 8**  
(July 23-Aug. 22)  
Work out like you mean it. Greater effort

wins greater reward. Get help with the heavy lifting, and get household chores out of the way. An amazing discovery unveils. Set work aside a bit early.

**Aquarius - 7**  
(Jan. 20-Feb. 18)  
Work smart for career advancement. Keep

track of earnings. A business opportunity comes your way. Go by the book, and go for it. Your ability to concentrate seems extra keen for the next two days.

**Virgo - 7**  
(Aug. 23-Sept. 22)  
It's smart to work hard now. An older

friend provides just what you need. Group effort pays off big. Collaborate to grow family resources. Take care of others and your own needs get met.

**Pisces - 8**  
(Feb. 19-March 20)  
Business takes center stage, and it's starting

to heat up. Let your subconscious mind solve the problem. Your work now pushes your career in an enticing direction. Improve your working environment.

## Sudoku *by the Mephram Group*

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 1 | 9 |   | 3 |   |   | 4 |
| 9 |   |   |   | 2 |   |   |   |   |
|   |   |   | 5 | 4 |   | 1 |   |   |
|   | 3 |   |   |   | 4 |   | 1 |   |
|   | 9 |   |   | 8 |   |   | 2 |   |
|   | 4 |   | 1 |   |   |   | 5 |   |
|   |   | 5 |   | 3 | 6 |   |   |   |
|   |   |   |   | 5 |   |   |   | 2 |
| 7 |   |   | 4 |   | 8 | 5 |   |   |

### LEVEL:

1 2 3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit [www.sudoku.org.uk](http://www.sudoku.org.uk)

## Crossword

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  |    | 5  | 6  | 7  | 8  | 9  |    | 10 | 11 | 12 | 13 |
| 14 |    |    |    |    | 15 |    |    |    |    |    | 16 |    |    |    |
| 17 |    |    |    |    | 18 |    |    |    |    |    | 19 |    |    |    |
| 20 |    |    |    |    | 21 |    |    |    | 22 | 23 |    |    |    |    |
|    |    |    |    | 24 |    |    |    |    | 25 |    |    |    |    |    |
| 26 | 27 | 28 |    |    |    |    |    | 29 |    |    |    |    |    |    |
| 30 |    |    |    |    |    |    | 31 |    |    |    | 32 | 33 | 34 |    |
| 35 |    |    |    |    |    | 36 |    |    |    |    | 37 |    |    |    |
| 38 |    |    |    |    | 39 |    |    |    |    | 40 |    |    |    |    |
|    |    |    | 41 | 42 |    |    |    |    |    | 43 |    |    |    |    |
| 44 | 45 |    |    |    |    |    |    |    | 46 |    |    |    |    |    |
| 47 |    |    |    |    |    |    | 48 |    |    |    | 49 | 50 | 51 |    |
| 52 |    |    |    |    |    | 53 | 54 |    |    |    | 55 |    |    |    |
| 56 |    |    |    |    |    | 57 |    |    |    |    | 58 |    |    |    |
| 59 |    |    |    |    |    | 60 |    |    |    |    | 61 |    |    |    |

### Across

- 1 Netherlands export
- 5 "500" initials on Wall Street
- 10 Important time periods
- 14 Outfielder Crisp nicknamed for a cereal box character
- 15 Acting award
- 16 Night in Nantes
- 17 Modest abode
- 19 Armory supply
- 20 Galena or hematite
- 21 Currier's partner
- 22 One in a congregation
- 24 Winnebago owner, briefly
- 25 Defendant in a defamation case
- 26 More orderly
- 29 Weak
- 30 Grads
- 31 Tusked porcine animals
- 32 Spot for rest and relaxation
- 35 Gimlet fruit
- 36 Urge forward
- 37 Help to withdraw
- 38 Neighbor of Isr.
- 39 Attorney general under Reagan
- 40 Map out
- 41 Seize, as a chance
- 43 Grab greedily

- 44 \_\_\_\_ City: Oz locale
- 46 Tiny energy source
- 47 Title for Bovary and Butterfly
- 48 Landed
- 49 ROTC school near D.C.
- 52 Good buds
- 53 Windblown desert plant
- 56 To be, to Bizet
- 57 Prop for Picasso
- 58 Inland Asian sea
- 59 Like Easter eggs
- 60 Gin berries
- 61 Lock maker

### Down

- 1 Reverberate
- 2 Sullen
- 3 Top
- 4 Unruly group
- 5 In any way
- 6 Peter of Peter and Gordon
- 7 Cpls. and sgts.
- 8 Aswan or Hoover
- 9 Opening night showing
- 10 Tooth cover
- 11 Folding feature of an old roadster
- 12 Actress Anouk
- 13 Put away for the future

- 18 Exists
- 23 Recedes to the sea
- 24 Hoarfrost
- 25 Sailor's time off
- 26 Hard to believe, as a story
- 27 Nastase of tennis
- 28 Hogwarts headmaster
- 29 Force unfairly (on)
- 31 Naan, for example
- 33 Jardin du Luxembourg, par exemple
- 34 Lit. collection
- 36 Seriously reduces
- 37 "Kapow!" cousin
- 39 Respectful address
- 40 100 bucks
- 42 Wiped off the board
- 43 Motion picture frames
- 44 Fix firmly
- 45 Title role that won Borgnine a 15-Across
- 46 "Tiny Alice" dramatist Edward
- 48 "Are not" retort
- 49 Wang known for wedding gowns
- 50 Supper, e.g.
- 51 Out of a job
- 54 Delta rival: Abbr.
- 55 Method

## FERGUSON p1

black community. We get together, we complain, we post all this stuff on social media, we do riots, but where did we get together and talk about it? Don't just talk about it, be about it," Kierra said. "What if Martin Luther King Jr. said 'oh, this is too hard?'"

Hicks said the African-American community is coming together to fight against racism, racism that can be seen through incidents throughout the nation. Kendra also said

the media is to blame for the underrepresentation of the successes and peaceful protests of the African-Americans. Instead, they showed the violence and criminal acts that were displayed in the riots.

The group of students made recommendations on how to influence the ISU and Ames community in an attempt to shut down racism.

Recommendations included connecting with local law enforcement, so African-Americans know their rights when interact-

ing with police.

Hicks and Kierra said they attended a meeting in October with Geoff Huff, investigations commander of the Ames Police Department and an officer from the ISU Police Department to talk about rights.

Another recommendation included teaching the community about African-American history that was not taught in schools.

Kierra said when she first heard of Brown's death, she and her sister thought the death could easily have been their teen-

age brother. They said their brother didn't know about the Klu Klux Klan, which shows how poorly schools are sharing accurate history of African-Americans.

Race is a social construct, many students agreed. Change will only begin if you change the minds of society.

"If we show Caucasian children that they don't need to be afraid of their black neighbor, than they won't grow up to kill that same neighbor," said Joi Latson, freshman in nutritional science.

## HOLIDAYS p1

Christmas. Christmas is a celebration of the birth of Jesus of Nazareth.

In the United States, among other countries, Christmas brings together many customs from other countries and cultures.

Around the world, family members help decorate their Christmas tree and home with bright lights, wreaths, candles, mistletoe and ornaments. On Christmas Eve, many people go to church.

"I come from a family with 30 cousins," said Abby Harrison, sophomore in elementary education. "Every year since we were young, my cousins and I would perform the nativity scene to my relatives on Christmas Eve."

Some children also await the arrival of Santa

Claus, who is said to deliver gifts on Christmas Eve to children who have been well-behaved that year.

According to history.com, the legend of Santa can be traced back hundreds of years to a monk named St. Nicholas who is believed to have been born about 280 A.D. near what is now Turkey.

St. Nicholas was known for his kindness and generosity, giving away his inherited wealth to travel and help the poor and sick.

After his legend spread through years and to Western culture, St. Nicholas' Dutch nickname, Sinter Klaas, eventually transformed into Santa Claus, but he is also known as Kris Kringle, Old St. Nicholas or Father Christmas.

"Christmas has always been a huge celebration for my family," Harrison said.



Whitney Lynn/Iowa State Daily

Christmas is widely celebrated during the holiday season, and for many, Christmas is the celebration of the birth of Christ. However, there are other holidays celebrated such as Hanukkah, Kwanzaa and Chinese New Year.

## GIFTS p1

sponsors that are donating all these gifts to all these families to brighten their holidays," Fontanini said. "The families receiving these are going to be so touched and appreciative of these gifts."

Gifts are given to the organization by Dec. 15 where a staff member who works with the family will wrap the gift and give it to the family in need. While the family remains anonymous, the donor has the option of putting their name on the gift.

"We are able to assist the real need that families have, so we are able to fulfill the generosity that people feel this time of year when they contact us," Milinsky said.

However, Youth & Shelter Services assists families all year round.

"I think YSS does amazing things for our community," Fontanini said.

For more information, contact Rosa Jennings, Youth & Shelter Services volunteer coordinator, at [rjennings@yss.ames.ia.us](mailto:rjennings@yss.ames.ia.us).



Courtesy of Christine DeCoudreaux

Kiran Sharma, sophomore in kinesiology and health, and her mother, Jean Sharma, are among the first to donate to Youth & Shelter Services. The winter hats and scarves were made by students in the Freshman Honors Program.

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### HELP WANTED

### HELP WANTED

### HELP WANTED

### HELP WANTED

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